



# SEPTEMBER 2022



SUN	MON	TUE	WED	THU	FRI	SAT		
<p><u>Phone Extensions</u> Nurse - ext 2101 Reception - ext 2000 Pastor Lorin - ext 2018 Wellness Supervisor - ext 2011 Wellness Team - ext 2025 or 2004</p>		<p><u>Need Technology Help?</u> <u>Telus TV help:</u> call reception at ext. 2000 <u>Computer/tablet help:</u> Saturdays from 3-5 pm. Call Wellness (2025) for requests regarding your computer/tablet.</p>		<p><u>Abbreviation Key</u> ADP = 3rd Floor ADP Room CK = Country Kitchen LL = Lower Lounge MPR = Multi-Purpose Room O = Oasis T = 3rd Floor Theatre Room * = Sign-Up Required (call 2000)</p>		<p><b>1</b> 10:30 Chair Fit (MPR) 2:00 Walking Group (LL) 2:30 Beach Ball Volleyball (MPR) 3:30 Planet Earth Video (T) 6:30 JEOPARDY! Night (MPR)</p>	<p><b>2</b> 10:30 Stretch &amp; Strength (MPR) <b>2:30 Back To School Spelling Bee (MPR)</b> 3:30 &amp; 4:00 Virtual Reality (CK) 6:45 Movie Night: Chesapeake Shores (T) <b>7:00 Grandparents Day Special Movie Showing: Moana (O)</b></p>	<p><b>3</b> 10:15 Manicures (CK) 10:30 Balance Class (MPR) 2:00 Bowling (MPR)</p>
<p><b>4</b> 10:00 Worship Service (MPR) 2:00 Walking Group (LL) 3:15 Cranium Crunches (LL)</p>	<p><b>5 LABOUR DAY</b> 10:00 - 12:00 Relaxation Room (W) 1:30 Chair Fit (MPR) 2:30 Crafter's Corner (LL)</p>	<p><b>6</b> 10:00 Art Expression (ADP) 10:30 Stretch &amp; Strength (MPR) 2:00 Walking Group (LL) 3:30 Hymn Sing (MPR) 6:45 Movie Night: Dr. Quinn (T)</p>	<p><b>7</b> <b>9:00 Bus Outing: BC Ferries Cruise &amp; Cafe*</b> 10:30 Balance Class (MPR) 1:30 Bocce Ball (MPR) 6:30 Bingo Night (LL)</p>	<p><b>8</b> 10:30 Chair Fit (MPR) 2:00 Walking Group (LL) <b>3:15 Country Social with the Cypress Creek Duo (LL)</b></p>	<p><b>9</b> <b>9:00 Bus Outing: Krause Berry Farms Waffles &amp; Berries*</b> 10:30 Stretch &amp; Strength (MPR) 2:30 Catholic Mass (MPR) 3:30 &amp; 4:00 Virtual Reality (CK) 6:45 Movie Night: Chesapeake Shores (T)</p>	<p><b>10</b> 10:15 Manicures (CK) 2:00 Shuffleboard (MPR) <b>7:00 Milne Family Concert (O)</b></p>		
<p><b>11 GRANDPARENTS DAY</b> 10:00 Worship Service (MPR) 3:15 Cranium Crunches (LL)</p>	<p><b>12</b> 9:30 Bible Study (MPR) 10:00 - 12:00 Relaxation Room (W) <b>1:00 - 3:00 Hearing Clinic (MPR)</b> <i>- sign up at reception (ext 2000)*</i> 2:30 Crafter's Corner (LL) <b>3:30 Craft Sale Card Making (MPR)</b> 6:30 Evening Social (MPR)</p>	<p><b>13</b> 10:30 Stretch &amp; Strength (MPR) 2:00 Walking Group (LL) 3:30 Hymn Sing (MPR) 6:45 Movie Night: Dr. Quinn (T)</p>	<p><b>14</b> 10:30 Balance Class (MPR) <b>1:30 Bus Outing: Save-On-Foods*</b> 6:30 Bingo Night (LL)</p>	<p><b>15</b> 10:30 Chair Fit (MPR) 2:00 Walking Group (LL) <i>- last scheduled summer walk</i> 2:30 Beach Ball Volleyball (MPR) <b>3:30 Video Presentation: The Sights &amp; Sounds of Europe (MPR)</b> 6:30 JEOPARDY! Night (MPR)</p>	<p><b>16</b> 10:30 Stretch &amp; Strength (MPR) <b>3:15 Surrey Museum: Back to School Discovery Session (MPR)</b> 6:45 Movie Night: Chesapeake Shores (T) <b>7:00 Community Hymn Sing (O)</b></p>	<p><b>17</b> 10:15 Manicures (CK) 2:00 Bowling (MPR)</p>		
<p><b>18</b> 10:00 Worship Service (MPR) 3:15 Cranium Crunches (LL)</p>	<p><b>19</b> 9:30 Bible Study (MPR) 10:00 - 12:00 Relaxation Room (W) 1:30 Chair Fit (MPR) 2:30 Crafter's Corner (LL) <b>3:15 Fire Safety Training (MPR)</b> 6:30 Evening Social (MPR)</p>	<p><b>20</b> 10:00 Art Expression (ADP) 10:30 Stretch &amp; Strength (MPR) 2:00 Craft Sale Project (CK) 3:30 Hymn Sing (MPR) 6:45 Movie Night: Dr. Quinn (T)</p>	<p><b>21</b> 10:30 Balance Class (MPR) 10:30 &amp; 11:00 Virtual Reality (CK) <b>2:30 Resident Council (MPR)</b> 6:30 Bingo Night (LL)</p>	<p><b>22</b> 10:30 Chair Fit (MPR) 2:30 Beach Ball Volleyball (MPR) 3:30 Planet Earth Video (T) <b>3:15 Welcome Tea (CK)</b> <i>- by invitation</i> 6:30 JEOPARDY! Night (MPR)</p>	<p><b>23</b> <b>10:00 Bus Outing: Langley Airplane Museum &amp; Lunch at Adrian's*</b> 10:30 Stretch &amp; Strength (MPR) 2:30 Catholic Mass (MPR) 3:30 &amp; 4:00 Virtual Reality (CK) 6:45 Movie Night: Chesapeake Shores (T)</p>	<p><b>24</b> 10:15 Manicures (CK) 2:00 Shuffleboard (MPR)</p>		
<p><b>25</b> 10:00 Worship Service (MPR) 3:15 Cranium Crunches (LL)</p>	<p><b>26</b> 9:30 Bible Study (MPR) 10:00 - 12:00 Relaxation Room (W) 1:30 Chair Fit (MPR) 2:30 Crafter's Corner (LL) 6:30 Evening Social (MPR)</p>	<p><b>27</b> <b>10:30 Emerald Info Session (MPR)</b> 2:00 Craft Sale Project (CK) 3:30 Hymn Sing (MPR) 6:45 Movie Night: Dr. Quinn (T)</p>	<p><b>28</b> 10:30 Balance Class (MPR) 10:30 &amp; 11:00 Virtual Reality (CK) <b>1:30 Bus Outing: Save-On-Foods*</b> 6:30 Bingo Night (LL)</p>	<p><b>29</b> 10:30 Chair Fit (MPR) 2:30 Beach Ball Volleyball (MPR) 3:30 Armchair Travel (MPR) 6:30 JEOPARDY! Night (MPR)</p>	<p><b>30 NATIONAL DAY FOR TRUTH &amp; RECONCILIATION</b> 10:30 Stretch &amp; Strength (MPR) 2:30 Cranium Crunches (MPR) 3:30 &amp; 4:00 Virtual Reality (CK) 6:45 Movie Night: Chesapeake Shores (T)</p>			